



Connecting *Botvin LifeSkills® Training* to Texas Educational Standards (Grades 11-12)

Why align the LST Program with Texas education standards? Many school districts find that conducting a crosswalk of the goals and objectives of the lessons in the LST program with their educational standards has several benefits:

- Assists in identifying ways to incorporate the LST program into existing curriculum requirements.
- Increases fidelity-based implementation of the program, which increases effectiveness in outcomes to reduce and prevent health risk behavior in elementary, middle, and high school students.
- Encourages faculty and administrative adoption and support for inclusion of prevention education in the overall curriculum rather than viewing it as an add-on or supplemental curriculum that has to be fit into existing requirements.

Within this document, each *Botvin LifeSkills® Training* unit is aligned to the specific knowledge, skills, and behaviors that are required by the education standards for the state of **Texas**.

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Transitions

<i>Botvin LifeSkills®</i> Training Units for Transitions	Unit Goal	Unit Objectives	Texas Learning Standard(s)
Unit 1: Goal-Setting for Success	Introduce students to the concept of goal setting.	Students will: <ol style="list-style-type: none"> 1. Become familiar with the topics covered in the LifeSkills Training Transitions program. 2. Identify how goal-setting can assist in navigating transitions and planning for the future. 3. Identify the steps involved in goal-setting. 4. Practice goal-setting. 5. Identify strategies that are helpful in overcoming challenges to achieving goals. 	Mental Health and Wellness Develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. Recognizes the influence of various factors influencing mental health and wellness.

<p>Unit 2: Effective Communication</p>	<p>Students will learn how to communicate effectively in a variety of settings and relationships.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Determine the similarities and differences between formal and informal communication. 2. Identify types of relationships that occur in personal and work-related settings. 3. Identify effective communication skills and how they can help people present themselves positively to others. 4. Learn and apply effective communication skills to speaking and writing. 	<p>Mental Health and Wellness</p> <p>Apply communication skills that demonstrate consideration and respect for individual differences and perspectives.</p> <p>Evaluate the effectiveness of conflict resolution techniques in various situations.</p>
<p>Unit 3: Managing Stress</p>	<p>Students will learn how to manage stress in healthy ways.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Examine resilience and self-assess various traits associated with it. 2. Explore the challenges and opportunities that may accompany the common transitions of young adulthood. 	<p>Alcohol, Tobacco, and Other Drugs</p> <p>Discuss the impact of positive stress on building resiliency and promoting mental health and wellness.</p> <p>Discuss the impact of choosing healthy self-management strategies for stress, anxiety, depression, trauma, loss, and grief on mental health and wellness.</p> <p>Analyze the importance of alternative activities to drug and substance misuse and abuse.</p>

		<ol style="list-style-type: none"> 3. Learn and apply stress management techniques that can help cultivate resilience. 4. Understand how the use of substances can undermine resilience. 	
Unit 4: Decision-making and Risk	Students will learn how to evaluate the beneficial and harmful consequences of risks, as well as the value of what is at risk.	<p>Students will:</p> <ol style="list-style-type: none"> 1. Examine attitudes and beliefs about risk. 2. Explore possible consequences involved when taking risks. 3. Learn a step-by-step decision-making method. 4. Practice a step-by-step decision-making method. 5. Identify the effects of substance use on risks and decision-making. 	<p>Mental Health and Wellness</p> <p>Recognizes the influence of various factors influencing mental health and wellness.</p>
Unit 5: Managing Time and Money	Students will learn about managing time and money to support their priorities.	<p>Students will:</p> <ol style="list-style-type: none"> 1. Explore the relationship between priorities and managing time and money. 2. Examine the elements involved in prioritizing and budgeting. 	<p>Financial Literacy</p> <p>Develop financial goals for the short, medium, and long term that are specific, measurable, attainable, realistic, and time based (SMART goals).</p> <p>Develop a budget that incorporates short-term, medium-term, and long-term financial goals.</p> <p>Evaluate the impact of unplanned spending on a budget.</p>

		<ol style="list-style-type: none"> 3. Learn and practice steps for managing schedules and money to support priorities. 4. Identify possible obstacles to the successful management of time and money, and learn strategies that help overcome them. 	
<p>Unit 6: Building Relationships</p>	<p>Students will understand what skills can help them build healthy and productive relationships.</p>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Identify the appropriate behaviors associated with different types of relationships. 2. Analyze the similarities and differences between formal and informal relationships. 3. Examine the elements involved in collaborating, negotiating, and compromising. 4. Explore how collaborating, negotiating, and compromising are related to building and maintaining relationships. 	<p>Mental Health and Wellness</p> <p>Discuss and demonstrate perspective-taking and ways to show respect for others’ feelings and express empathy toward others.</p> <p>Analyze forms of communication such as passive, aggressive, or assertive and their impact on conflict resolution.</p> <p>Analyze how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy/dating/romantic relationships. Evaluate positive and negative effects of various relationships on physical, emotional, and social health.</p>